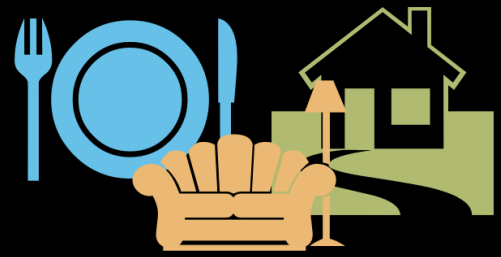


Family & Consumer Club



Volume 1, Issue 3

Panther Valley Junior Senior High School

March 2025

Membership

Open to grades 7-12

Meeting Times

Tuesdays, 2:15-3:30 p.m.

Meeting Location

High School, Room 63B

Advisor

Mr. J. Costa

costaj@panthervalley.org

Phone Extension #4112



About the Club

The purpose of the Family and Consumer Club is to help students gain real-world skills needed for adulthood. These include cooking, sewing, communication, and child development. We also share information about career paths in the fields of hospitality, culinary arts, education, childcare, and textiles, among others.

Social Media

Follow us on Instagram!

@pvfamilyconsumerclub



From left: Austin Chapman, Jacob Kattner, and Nevele Matias preparing food for Juggle Fest

Juggle Fest: A Success!

By Mr. Costa

For the past five years, the Pocono Juggle Fest has taken place on the Panther Valley campus. A wealth of talent from across the country come to campus for three days of excitement and learning. One of the coordinators, retired PV English teacher Kim Laird, invited our club to participate in the event and staff the refreshments stand. Five of our club members volunteered their time to cook and serve food. Thank you for giving our members an exciting learning experience!

Does Public Speaking Frighten You?

By Mr. Costa

Why does public speaking scare so many people? The fears usually revolve around (a) feeling unprepared or (b) fearing humiliation. Remember, *you* are the expert! You have information that your audience doesn't. Remind yourself, "it's not about me," but instead, about the *content*. Most audiences want you to succeed and are interested in your message. Take deep, full breaths, and remind yourself "I am prepared." Be positive and your audience will be, too!

Student Profile: Keltie Brubacker

By Mr. Costa

Each day at 7:30 a.m., the morning announcements present information and opportunities for students. For ninth-grade student Keltie Brubacker, this was her introduction to the Family & Consumer Club, motivating her to join. "Learning about cooking and sewing appealed to me," said Keltie, "especially sewing!" Her favorite activity thus far has been volunteering at Juggle Fest. "We got to serve customers and get good experience in food service." Keltie continues to build her skills on her own. Most recently, she has begun to make sushi. Thank you, Keltie, for your participation!



FCS Teacher Visits Panther Valley

On March 18, Mr. Thomas Bold of Palisades Middle School visited the Family & Consumer Club. He led two engaging workshops on sewing and baking cookies. Fun time had by all.

Family & Consumer Club Newsletter

This newsletter is published each quarter to highlight the events and activities of The Family & Consumer Club at Panther Valley Junior Senior High School

Editor..... Mr. Costa
Photography..... Mr. Costa
Graphics..... Jake Kattner

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Fill-In-The-Story

Ask a family member to provide the words in brackets, without showing them. Then, read the story out loud!

One sunny spring afternoon, [Name 1] came home from work. They anxiously stood in the kitchen, knowing the [adjective] task that awaited them: cooking dinner. [Name 1] was determined to make the [adjective] dinner yet! The clock was ticking, so they got to work. In the pantry was one pound of [food 1], a can of [food 2], and a bottle of [food 3]. "This will work," said [Name 1]. [Name 1] took a [tool] and started [verb ending in -ing] the ingredients in a big pot. The [adjective] aroma quickly filled the kitchen air. After [amount of time], the entrée was ready. "[Name 2] is going to love this!" said [Name 1].

Looking Back...



Future Homemakers of America chapter, 1983 (Source: Yearbook)

Panther Valley's chapter of *Future Homemakers of America*, later named *Family, Career & Community Leaders of America*, was active from 1982 to 2007.

Family and Consumer Sciences is the people-centered science, focused on supporting individuals, families, and communities live healthy successful lives through the provision of education, research, and technology.

► American Association of Family & Consumer Sciences (AAFCS)